April 9, 2009 Vol. 53, No. 14



See page 2 for Year of the NCO articles.

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for April 15 is plastic, glass and metal. Put items in blue bags and place them on the curb.

Prayer Breakfast

The Edgewood Chemical Biological Center will hold a free Prayer [continental] Breakfast, 7 to 8 a.m., April 15 at the Berger Building cafeteria, building E-3549. The theme is "Putting Your Faith to Work." Everyone is invited to attend.

For more information, call Emma L. Forrest, 410-436-2585 or Sgt. John Bennett, 410-436-3138.

Blue Cross/Shield visits APG April 14

The Civilian Personnel Advisory Center has made arrangements for a claim representative of the Service Benefit Plan Blue Cross/Blue Shield to visit APG April 14. The representative will be available 9 to 11:30 a.m., building 305, room 211 and 12:30 to 1:30 p.m., building E-4520, Chemical Demilitarization Training Facility, Edgewood Area, to discuss claim problems and plan coverage. No appointment is necessary.

For more information, call Teri Wright, 410-278-4331.

Well-Being meeting scheduled

The next Well-Being Action Council Meeting is 9:30 a.m., April 16, in the Edgewood Area Post Chapel.

CPR Classes

Aberdeen Proving Ground Fire and Emergency Services offer CPR classes on APG.

Two classes will be held 9 a.m. to noon and 1 to 4 p.m., the third Wednesday of each month.

In the Edgewood Area, classes will be held at the Conference Center, building See SHORTS, page 12

ISSUE **HIGHLIGHTS**

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AUSA luncheon features taste of research

FMWR - Texas Hold 'Em

is back Page 11

Health Notes - ECBC holds blood drive

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ACS hosts Egg Hunt Extravaganza

Fire safety is everyone's responsibility IMCOM Fire Safety campaign runs thru October

RACHEL PONDER APG News

Headquarters Installation Management Command launched a Fire Safety Campaign March 31 to raise fire safety awareness and fire prevention, which will conclude Oct. 31, the last day of Fire Prevention Month.

The Installation Management Command reports there have been a disturbing increase in the number of fires this year.

In 2009, IMCOM garrisons experienced more than 130 firerelated incidents that resulted in one death, 14 injuries and more than \$13.6 million in property damage. The major causes of the fires were malfunctioning electrical equipment, misuse of space heaters, unattended cooking and mishandling of flammables, candles and smoking materials. All fires were preventable.

Since the beginning of 2009, two fires have occurred on Aberdeen Proving Ground. The first fire, on March 4, was caused by a space heater, and the second fire, on March 24, began in an outdoor cigarette butt can.

"Both fires could have been prevented by using basic fire See FIRE, page 9



Photo courtesy of APG FIRE AND PROTECTION AND PREVENTION DIVISION Unattended cooking is the cause of this kitchen fire that occurred Sept. 7, 2008, in the Patriot Village Housing Area, Quarters 3972D of Aberdeen Proving Ground, causing more than \$42,000 worth of damage to the residence and con-

tents. The APG Fire and Protection and Prevention Division is promoting the Installation Management Command's Fire Safety Campaign now through Oct. 31.



R concert set for Aug.

YVONNE JOHNSON

APG News

The Aberdeen Proving Ground Directorate of Family and Morale, Welfare and Recreation will host the Army Entertainment concert featuring country recording duo Brooks & Dunn at Shine Sports Field Aug. 15. Special guests include Pat Green and an act to be named later.

A special presale ticket price of \$30 will be made available to the APG community before the tickets go on sale to the general public. The APG community can purchase the special presale tickets April 21 through 24. Sales will be walk-in only at the Aberdeen or Edgewood Area Recreation centers.

For more information, visit the FMWR Web site, www. apgmwr.com.

IMCOM operational control's change, expected to be invisible

Story by SING LEE

IMCOM News Service

Directorate of Information Management network-related functions at U.S. Army Information Management Command garrisons were OPCONed to the Army's Network Enterprise Technology Command/ 9th Signal Command (Army) (NETCOM/9th SC (A)) on April 1 and will be subsequently reassigned to it by Oct. 1.

The operational control will be transparent to most employees, and customers shouldn't experience any service interruptions. The implementation and continual oversight is being led by Brig. Gen. Jennifer L. Napper, the commanding general of the 7th Signal Command (Theater) headquartered at Fort Gordon, Ga.

The 7th SC(T) is responsible for the CONUS geographical area and is the final theater to be organized under a theater signal command to support the Army's Global Network Enterprise Construct.

One of the key goals of the Army CIO/G-6 is to develop and maintain a secure, seamless, interdependent LandWarNet network by leading development and enforcing the use of integrated enterprise architecture, according to Chris Poulsen, IMCOM chief information officer.

This is a win-win situation for the Army," he said. "We're enhancing computer network defense, unifying the Army's global networks and providing enhanced enterprise capabilities."

By consolidating all DOIMs under a single Army command, NETCOM/9th SC (A) will be empowered to operate, manage and defend the Army's global network while also enabling enterprise capabilities of network service centers to the Warfighter through all joint phases of military operations.

The CONUS DOIMs will be managed by two 7th SC(T) brigades: the 93rd Signal Brigade at Fort Eustis, Va., and the 106th Signal Brigade at Fort Sam Houston, Texas.

A plan to complete the reassignment of all other CONUS DOIM and DOIM-like organizations, such as those associated with U.S. Army Materiel Command U.S. Army Medical Command, will be developed and implemented between fiscal years 2010 and 2012.

See DOIM, page 4

TRAFFIC TRAFFIC ALERT ALERT **Work requires traffic** rerouting April 10, 13

Directorate of Public Works

Although nearing the completion of work at the Maryland Route 715 Gate, there are a series of work activities that must occur. Some of the work will have traffic impacts.

The first series of activities will be the paving of both the inbound and outbound lanes of Maryland Boulevard. This will be done in two stages with plans for the inbound lane to be com-

During the paving of the inbound lanes, outbound traffic on Maryland Boulevard will continue unaffected, and the Maryland Boulevard Gate will operate as normal. Inbound traffic lanes will be shifted using barrels and cones as paving progresses. Harford and Aberdeen gates will operate normally.

On the other hand, paving of the outbound lane will have more traffic impacts. First and most notably, the outbound lanes of Maryland Boulevard will be closed for one day, and all traffic exiting post will be detoured. The specific route of detour will vary depending upon the time of day. From 4 a.m. until 3 p.m. all traffic will be detoured off post through the Maryland Route 22 (Harford Boulevard) Gate. The Maryland Boulevard, Harford Boulevard and Aberdeen Boulevard gates will be open for inbound traffic during the normal times but, on this day only, the Aberdeen Boulevard Gate will be reopened from 3 until 6 p.m. for outbound rush hour traffic. Starting at 3 p.m., Aberdeen Boulevard traffic east of Maryland Boulevard will be required to use Maryland Boulevard and Harford Boulevard to exit post. Traffic exiting post via Susquehanna Avenue will be routed out the Aberdeen Gate via Deer Creek Loop, Gadsden Road and Aberdeen Boulevard. Traffic exiting post from Boothby Hill Avenue and Bush River Road and any remaining outbound Maryland Boulevard traffic will also be detoured out the Aberdeen Gate via Deer Creek Loop, Gadsden Road and Aberdeen Boulevard.

Large trucks will be required to use the Harford Boulevard

For this work, the Maryland Boulevard Gate entry along with visitor and truck access will be minimally affected.

See TRAFFIC, page 4

For more information, contact Jerry Norris, Directorate of Public Works, 410-306-1159.

2009 AER campaign continues

Army Emergency Relief is the only organization dedicated solely to helping Soldiers and their Families in time of emergency financial need.

Since AER is the Army's own organization, a separate campaign is conducted once a year for AER (March 1 through May 15). This is the only time Soldiers are asked to help their own organization and their fellow Soldiers.

Contributions remain important to allow AER to fulfill its mission of helping Soldiers in time of distress and misfortune. Contributions will assure continued avail-

ability of AER funds to meet increasing assistance needs for Soldiers. Military contributions may be submitted as allotments, cash or check. All military units should

by now have an AER unit representative who will solicit campaign contributions from their comrades in their own unit and then turn in the collected contributions to the AER campaign coordinator on Wednesdays from 1 p.m. to 3 p.m. in building 305. If a unit does not have an AER unit representative, call Maj. Mathieu Petraitis, AER campaign coordinator, 410-278-3000.

29.5

APG celebrates The Year of the NCO

Retired NCO mentors Air Force instructors

Story and photo by

RACHEL PONDER

APG Name

For many retired noncommissioned officers, service to their country does not end at retirement.

As the Year of the Noncommissioned Officer is well underway, retired NCOs are also being honored for the wealth of experience and knowledge they share with active duty NCOs.

Cornelius Stewart, a retired NCO and the director of Operations for the U.S. Air Force 361st Training Squadron, Detachment 1 at Aberdeen Proving Ground, is responsible for overseeing the training and instruction of Airmen at the Aircraft Metal Technology school house, Ordnance Mechanical Maintenance School.

He said that he gains fulfillment from his job because it gives him a chance to mentor active duty NCOs.

"I get enjoyment in seeing young people step up to become great NCOs," he said. "It's a rewarding job."

In addition to managing the school house, Stewart said that he is also involved in the decision-making process for the building layout of the new Aircraft Metals Technology school house for the Base Realignment and Closure move to Sheppard Air Force Base, Texas.

About Stewart

Stewart grew up in Buffalo, N.Y., where he attended vocational school.

"After I graduated, I worked as a carpenter, but business was slow and I decided I wanted to do something different with my life," Stewart said.

He said that it was a twist of fate that led him to join the Air Force.

"When I went to the military recruitment office, I wanted to join the Navy, but the Navy recruiter was on the phone, so I talked to the Air Force recruiter, who told me about the opportunities offered, and from that conversation, I decided it was time to make a move."

Stewart joined the Air Force in 1975 when he was 22, working as an aircraft metals technologist.

He moved frequently in his career, living in Iceland, Japan and Guam, as well as several places in the United States.

Stewart gained experience in his career working on tanker aircraft like the KC-135, and strategic bomber planes like the B-52, fighter aircraft like the FB-111, F-16's and refurbishing Minuteman missile silos.

He also supported Operation Desert Shield and was in the United Arab Emirates during that time.

Stewart concluded his military career by working as an instructor at the Aircraft Metals Technology school house at APG from 1993 to 1995.

When Stewart retired from the military in 1995, he worked for Bethlehem Steel in Dundalk, Md., as a manifest clerk for two years, before coming back to work at APG



Cornelius Stewart, intermediate supervisor for the 361st Training Squadron Detachment 1, conducts an evaluation of the instructor, Staff Sgt. Brian Lee, who is indexing a square, while Tech. Sgts. Kevin Wood and Kevin Kruse observe.

as a civilian instructor at the 361st Training Squadron, Detachment 1.

When he was promoted to an instructor supervisor in 2000, he decided to go back to school, and earned a bachelor's of science degree in industrial technology from Southern Illinois University in 2005.

Stewart said that his classes added to the knowledge of the job and helped him be a better instructor supervisor.

Stewart said that his education, along with the experience he gained when serving in the Air Force, prepared him for his current position.

On mentoring and leadership

Stewart said that his personal motto while serving in the Air Force and now as a civilian is to always act professional and to do the right thing.

"I tell the NCOs that they cannot go wrong if they behave professionally," he said. "When you don't behave professionally is when you have problems."

Stewart said that it is crucial for NCOs to lead by example because they are teaching values to Airmen, the lowest rank in the Air Force.

"NCOs are usually the first image that Airmen have of the Air Force," Stewart said. "NCOs need to set the example, which is why it is important that they always promote a professional image."

"It is the NCO's job to promote the Air Force image by teaching our young troops to be respectful, how to wear the uniform correctly, how we carry ourselves and emphasizing service before self," he said.

cial to the future success of the military.

"We are building leaders for the

Stewart added that mentorship is cru-

"We are building leaders for the future; that is what it is all about--if we do not do a good job now, we will not

have a future," he said.

Stewart said that he feels confident about the abilities of today's NCOs.

"Today's NCOs are go-getters," he said. "They are not ashamed to make mistakes, because they know that they can learn from their mistakes. With some guidance, they will make outstanding leaders."

Stewart said that he feels honored to be able to have the chance to provide NCOs with guidance, and because he understands the challenges that face NCOs, he is able to relate to them effectively.

"I have a willingness to listen to what they have to say and am willing to look at things from their perspective," he said. "We don't always have to see eye to eye."

On physical fitness

Stewart said that physical fitness plays an important role in the life of an NCO. He added that when he was an NCO, he was actively involved in playing on basketball teams to maintain a high level of physical fitness. Now that he his retired, he volunteers by coaching basketball teams.

"In today's military, it [physical fitness] is a way of life," he said. "Being physically fit presents a professional image in your uniform as well as maintaining a healthy body and mind. As director of Operations for Aircraft Metals Technology, it is also part of my job to ensure our Airmen and NCOs stay fit to do their job whether it be here or when they leave to go to their next duty assignment. Our detachment takes PT [physical training] very serious, and all our Airmen PT at least three times a week together."

Stewart said that he enjoys weightlifting, tennis and walking which help him remain physically fit now that he is retired military.

Maj. Louis Cumming, commander of the 361st Training Squadron, Detachment 1, said that Stewart is a valuable asset to the detachment because he brings experience and compassion to his job.

"Mister Stewart served twenty years in the United States Air Force as an aircraft metals technologist and thirteen years at the detachment," Cumming said. "His thirty-three years of experience paid off when the detachment earned an overall "Excellent" rating on the 2008 Headquarters Air Education and Training Command's Operational Readiness Inspection."

Cumming added that Stewart is willing to go above and beyond job requirements.

"Stewart displays his compassion for his job by arriving early and staying late to ensure the mission is accomplished," Cumming continued. "He has come in on a Saturday to assist with our Adopt-A-Highway program, volunteered to spackle and paint our self-help project turning a used room into a multipurpose room and helped to install fifty-five new computers and monitors."

Cumming added that Stewart has been awarded the Detachment's Civilian Supervisor Category II for the Year in 2007 and 2008, and the Civilian Supervisor Category II of the 4th Quarter 2007 and 2nd Quarter 2008.

Stewart also won the Instructor of the Year award in 1998 and the Master Instructor award in 1999.

Stewart said that when he isn't working, he enjoys spending time with his Family and doing volunteer projects, like Habitat for Humanity. He also enjoys listening to jazz and taking long motorcycle rides in the spring and summer.

Senior NCOs head to Capitol Hill

ELIZABETH M. COLLINS
Army News Service

Senior noncommissioned officers are now eligible to join officers and Army civilians on Capitol Hill in the Army Congressional Fellowship Program and the Army Congressional Orientation Program, the Army's chief of Legislative Liaison said in an interview the week of Feb. 9.

Maj. Gen. Bernie Champoux announced that in honor of the Year of the NCO, two senior NCOs have been selected to take part in the year-long fellows program and work in Congressional and Senate offices as part of their staffs.

"The intent of the program is to expose members of the uniformed services in active, Guard and Reserve [positions], and certain civilians, to allow them to have an opportunity to understand how Congress works and bring that appreciation and understanding back to the Army," Champoux said.

"It's not just in recognition of the Year of the Noncommissioned Officer, because this program will extend beyond the year ... but in conjunction with that, part of what we do is that we're the face of America's Army in Congress. We can't think of a better opportunity than to have those noncommissioned officers [help Congress] understand Soldiers, and Soldier-Family issues," he continued.

The year-long program involves a competitive selection and board process and rates a permanent change of station to Washington. Soldiers incur a service obligation and a two-year utilization assignment. Officials at the Office of the Chief of Legislative Liaison are still trying to determine the best followon assignments for NCOs, but say they are also adding senior NCO positions

to their House and Senate Liaison Divisions, which would be good options.

In contrast, ACOP lasts only for 89 days and is primarily to familiarize Soldiers and civilians on the Army Staff in the National Capital Region with how Congress works. Soldiers don't incur additional requirements and return to their regular duties at the end of the three months. Two senior NCOs can participate in this program each quarter.

In both cases, Soldiers must participate in an orientation — months for the fellows program, a week for ACOP. They must also prepare civilian resumes and actually interview with congressmen and senators before joining a member's staff.

From that point until the end of the fellowship, Soldiers work for those members. They wear civilian clothes and may do anything from writing legislation to attending hearings to responding to con-

stituents' concerns. They may even act as a military expert for the member.

"Members of Congress and staff overwhelmingly interact with senior officers, primarily general officers," Champoux said. "Officers and NCOs have different roles and responsibilities, and it's critically important that they have an appreciation for what a noncommissioned officer is as the backbone of the Army, the kind of character and capability and leadership skills that they possess and why those are so important in running the Army. Everyone will tell you that the difference between our Army, which is the best Army in the world, and other armies, is the strength of our noncommissioned officer corps."

According to Debra A. R. Billington, chief of the Support Operations Division at OCLL, the program carefully manages which members can have Army fellows.

See NCO FELLOW, page 6

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

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Deadline for copy is Thursday at noon for the following Thursday's paper.

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Level of custodial services increases at APG

DPW

April brings changes to the Directorate of Public Works post-wide custodial contract in the form of an increase in the standard level for custodial services from a one-day service to a three-day service.

The increase of services will only impact facilities that are currently receiving the one-day service. Facilities that are currently receiving services under the three day, five day or Hospital Grade will not experience a change.

Facilities receiving additional custo-

dial care are child development facilities, youth centers, chapels, recreational centers, gymnasiums, the fitness center and barracks.

Based on regulations, special use or additional funding by organizations, a higher level of service may be required.

The current post-wide custodial contract employs 70 custodians to maintain 4 million square feet of interior space throughout 500 buildings 7 days per week to include night shifts for special need buildings.

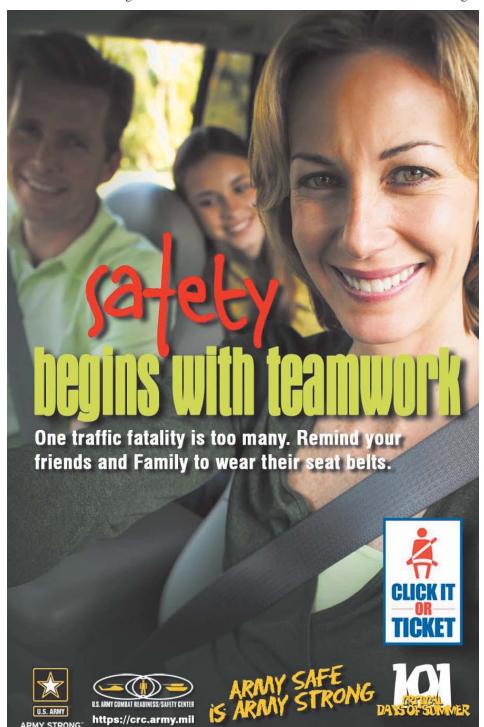
To maintain control and oversight

of this contract, DPW employs several techniques ranging from random inspections, review of daily reports, customer complaints and customer surveys. The customer survey and feedback establishes a consistent means of communication with customers.

To continue measuring the effectiveness of support to customers, DPW will send out customer satisfaction surveys quarterly. The evaluations and comments provided by facility managers for tenant organizations are extremely helpful and aid the DPW staff to meet a variety of custodial needs that are vital to the daily operations throughout the garrison while endeavoring to improve the service.

Anyone with questions about the surveys or services being provided by the contractor or concerns about the quality of the service being received should contact the Contracting Officer's Representative Michelle Millay, 410-306-1167.

Customers can also use http://ice.disa.mil/index.cfm?fa=card&service_provider_id=110053&site_id=161&service_category_id=5 to provide comments about the services.





Panic on the highway!

Installation Safety Office

"Adventures in driving decision making" is brought to everyone by the Installation Safety Office.

Read the following scenario and then from the options provided, select the best answer. The answers are printed upside down.

Situation #28

You're driving on a through road in a typical residential neighborhood at a modest 30 mph. You come up behind a bicyclist and get within about 75 feet of him. There is no visible on-coming traffic. Suddenly, without warning, he swerves directly in front of you. What should you do?

- A. Hard brake, honk and steer right.
- B. Hard brake, honk and steer left.
- C. Stomp on the brake to stop.

Answer C. "Stomp on the brake to stop" would be the best of all possible answers if you could stop. But remember, when going 30 mph it will take you at least 78 feet to stop and you're only 75 feet behind the cyclist. That's cutting it awfully close. It would be best to stop if you could because you're not absolutely sure of what the bicyclist is going to do. Check out Answer B.

right, then you're absolutely sure you aren't going to get captured across the center line by on-coming traffic.

Answer C. "Stomp on the brake to stop" would be the best of all possible are straightful to be a stop on the brake to stop when soing 30 mph it will take you at

Answer B. "Hard brake, honk and steer left", is the safest action to take. Chances are the bicyclist will swerve back to the right, you'd run into him. If you could have stopped, it would have been even better, but when going 30 mph it would take you at least 78 feet to stop. That's cutting it too close. So this is one of those cases where it's best to go to the left since you can't stop, or go to the of those cases where it's best to go to the left since you can't stop, or go to the

Answer A. Do you think "hard brake, honk and steer right" is what you would do? If you were on that bicycle and heard a car behind you honk what would you do? You'd probably turn right, wouldn't you? And that's probably what he'll do. So steering to the right wouldn't be a good idea. Try Answer B.

USAMRICD scientist co-authors award-winning paper

CINDY KRONMAN USAMRICD

A scientific article coauthored by a U.S. Army Medical Research Institute of Chemical Defense research scientist was selected as the best dermatology paper among the manuscripts published in the journal Cutaneous and Ocular Toxicology in 2008 at this year's Society of Toxicology meeting held March 15 through 19 in Baltimore.

The paper, entitled "Transcriptional responses associated with sulfur mustard and thermal burns in por-

cine skin," was the result of experiments designed by Dr. John Graham and performed under contract at the Battelle Memorial Institute, Biomedical Research Center, Columbus, Ohio. The research was funded by the Defense Threat Reduction Agency, Chemical Biological Medical Systems, and the U.S. Army Medical Research and Materiel Command.

Graham, who currently serves as acting chief of the institute's Program Strategies and Operations Office, was also the technical point of contact for the project and

oversaw its execution at the Battelle BRC, in support of his DTRA-sponsored work in wound healing of injuries to the skin caused by the chemical warfare blistering agent sulfur mustard. Additionally, he participated in the writing of the manuscript.

Graham's research at MRICD has contributed to a better understanding of the depth of burns caused by exposure to sulfur mustard as well as to the effectiveness of wound dressings and debridement techniques to facilitate the healing of sulfur mustard-induced skin injuries.

The research described in the award-winning paper compared thermal burns and those caused by sulfur mustard to evaluate the underlying molecular mechanisms of tissue damage. Such information is useful to answer whether thermal burn therapies, often applied to treat sulfur mustard burns, are really optimal for the skin injury caused by this chemical agent.

The study identified seven biological functions affected similarly by the two types of burns. The biological functions, which were either acti-

vated or diminished, involved the growth and maintenance of tissue as well as the response of tissue to damage. The ultimate goal of such studies is to identify an improved treatment regimen that results in a more rapid and complete healing of skin injury caused by sulfur mustard exposure.

The first author on the paper was Dr. James Rogers of the Battelle BRC. Other Battelle authors were Jennifer Price and Frances Reid. Dr. James McDougal from the Boonshoft School of Medicine, Wright State University, in Ohio, was also an author.

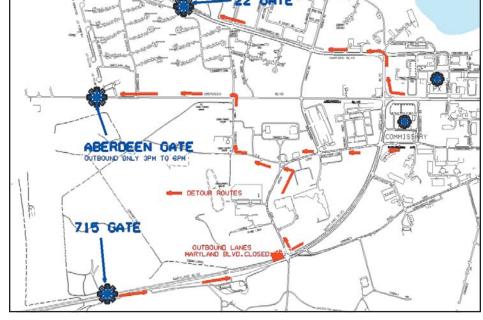
Traffic

From front page

The only change will be that all entering traffic will be temporarily switched to the new inbound lanes where a single lane will be maintained and routed through the new gate canopy. Detour signs will be posted for guidance and an officer will be posted at the Maryland Boulevard and Harford Boulevard intersection from 3 to 6 p.m. to maintain efficient traffic flow.

The paving of the inbound lanes is scheduled to be done on Friday, April 10. Paving of the outbound lanes and all the attendant closures is scheduled for Monday, April 13. All of this work is entirely weather dependent. In the event of rain, work will be rescheduled to April 11 and 14, respectively.

Knowing that the week-day closure will be an inconvenience, this schedule



has been developed with consideration of all the many different factors and is the most beneficial approach to the work. Everyone's patience, understanding, courtesy, and especially attention to changing traffic patterns, is requested.

For more information, contact Jerry Norris, DPW, 410-306-1159.

DOIM

From front page

Not all DOIM functions will be transferred to NETCOM/9th SC(A). The following functions will stay within the IMCOM garrison structure: photo lab; multimedia support; visu-

al information broadcast/video/audio; graphic arts; VI media/equipment support; Land Mobile Radio End-User Device procurement; records management; official mail and distribution and forms and publication management.

A garrison Information Management Office will also be established to monitor NETCOM network services delivery, perform information technology planning and acquisition of end user devices, generate and validate requirements, and execute information assurance tasks for the garrison.



Preventing substance abuse on APG Commentary: Health, readiness and life at risk from heavy drinking

COL. MICHAEL H. CUSTER U.S. Army Center for Health Promotion and Preventive Medicine

Did you know that according to the latest results of the Department of Defense' "Survey of Health-Related Behaviors Among Active Duty Military Personnel" (2005), the rate for heavy drinking (five or more drinks on one occasion once a week) in the Army increased at a statistically significant level from 17.2 percent in 1998 to 26.8 percent in 2005? Among Soldiers age

21 to 25, the rate was 35.7 percent.

Another study in "The Science of Health Promotion" (2008) estimated that heavy alcohol consumption costs DoD \$425 million in excess medical costs each year. The DoD pays another \$677 million in alcohol-related costs associated with early separation, replacing nondeployable Soldiers and alcohol-related legal issues.

Just think of the dangerous behaviors associated with heavy drinking-suicide, spouse abuse, physical assaults, sexual assaults, motor vehicle accidents and injuries at work, to name some serious high-risk behaviors. As well, heavy drinking is associated with diseases such as pancreatitis, hepatitis and various cancers, to name just a few.

Heavy drinking and associated behaviors and illnesses affect readiness and pose a serious challenge to Army leaders, not to mention their effects on individual Soldiers and those close to

Why is something that is legal and used worldwide such a problem? Attitudes and culture play a role. Because alcohol is legal and has been with humans for thousands of years, many forget that alcohol is a drug, a very powerful depressant. If the fermentation process that produces alcohol were discovered today, the drinks produced from the process probably would not be legalized for public consumption. There were eras in military history when drinking was encouraged and part of a "macho" culture. Today we expect officers, noncommissioned officers and Soldiers to encourage and support responsible drinking.

Tips for responsible drinking

Realize that it is okay not to drink. You don't owe anyone any excuses, and there are many good reasons not to

You shouldn't drink if you are on certain medications, if you are pregnant, if you are underage or if you are a designated driver.

Remember "HALT"-never drink if you are Hungry, Angry, Lonely or Tired. Alcohol impairs your normal inhibitions and sets you up to make poor decisions.

If you do drink, don't gulp or chug your drinks; try to make them last for at least an hour.

Eating won't prevent you from getting drunk, but it can slow the body's rate of alcohol absorption.

Alternate alcoholic drinks with nonalcoholic drinks.

If you need to drive to get home after drinking, always have a non-drinker as a designated driver or some type of public transportation available. Take care of your buddies.

If you see someone drinking to excess, be a friend and bring it to his or her attention. It might save them from a clue of how he humiliates himself, his embarrassment, save their career or even save their life.

If you have a friend or Family member who drinks more than is healthy and you notice that drinking is having a negative impact on their life, encourage them to get help.

DoD has developed an entertaining multimedia campaign called "That Guy." It shows how to avoid becoming the person who abuses alcohol but doesn't have friends and Family when drinking. Fun and full of facts about alcohol, "That Guy" can be found at http://www.thatguy.com/.

Everyone pays a high price for alcohol abuse. We have high rates of heavy alcohol consumption in the Army. However we can create a culture that prevents this problem by recognizing and acting we when see it. Remember—prevention is always the best medicine.

TRICARE launches new Web page to down alcohol abuse

U.S. DoD Military Health System

April is Alcohol Awareness Month and TRICARE is committed to creating a "buzz" about the effects of alcohol abuse. A new TRICARE Web page at http://www.tricare.mil/alcoholawareness sheds some light on alcohol abuse and promotes responsible drinking.

Heavy alcohol consumption is a significant problem in the military that affects not just uniformed service members but their Families.

The 2005 Department of Defense-Health Affairs Survey on Health Related Behaviors Among Active Duty Personnel reports young men in each service branch had significantly higher rates of heavy drinking than their civilian counterparts. Of young men in all military branches, 32.2 percent engaged in heavy drinking, compared with 17.8 percent of civilian men.

The survey also reports that service members often use alcohol to cope with stress, boredom, loneliness and the lack of other recreational activities. Similar factors may encourage their Family members to abuse alcohol too. Underage alcohol use by military personnel and children of service members is also an issue of major concern.

The new Web page serves as a starting place for beneficiaries to find information, links and news about alcohol, underage drinking, alcoholism and substance abuse. Another excellent resource that coincides with Alcohol Awareness Month is the DoD-funded site, http://www.thatguy.com, which highlights the social consequences of binge drinking.

Find out more about alcohol consumption at http://www.tricare.mil/pressroom/press_article. aspx?fid=459.

NCO fellow

From page 2

She said it's important to maintain a balance between democrats and republicans and the House and Senate. Members also must be on a defense oversight committee, an intelligence committee, the Committee on Foreign Affairs, the Committee on Homeland Security, the Committee on Foreign Affairs or the Committee on Oversight and Government Reform.

One of the NCO fellows, Sgt. Maj. Scott Martin, has already started orientation and will soon take his place on the Hill. He said he wants to show lawmakers what day-to-day life is like for Soldiers and convey what Soldiers and their Families need.

"I would like for them to understand how important it is to take care of Soldiers because the Army is one of the largest employers in the country," said Martin, who is leaving a position as a writer of promotion regulations in the Army's G-1 (Personnel) office. "So as an employer, I would like to make sure my Soldiers are taken care of, whether it's the welfare of their Family, education benefits or medical benefits. Those types of things are very important to me. It's more about giving back to the Soldiers than ... writing promotion policy, because as a senior noncommissioned officer, that's what's most important to me: my Soldiers and my Families."

"It's going to allow them to better support the military, not just the Army, but the military," explained Champoux. "I've seen it at hearings in the past: when a noncommissioned officer speaks, they just kind of lean into it a little bit because you're getting a Soldier's perspective. I think it's going to be pretty powerful, pretty successful."

Senior NCOs who are interested in the fellows program should contact their assignments NCO at Human Resources Command.

According to Col. John Leggieri, the program's manager, HRC will send out a message announcing the fiscal year 2011 program in March. Interested Soldiers can forward their packets and a board will meet in October to make selections. Right now, there are two NCO slots out of 25 positions, but Champoux said he hopes to expand this number.

Suzanne McCollum, manager of the ACOP program, said she sends announcements to the Army staff about every three months requesting nominations for that program, so NCOs in the Washington, D.C., area should let their supervisors know if they're interested. Candidates must interview for the program, and she said she takes into account how many participants a particular division may have had in the past.

"They're so critically important, noncommissioned officers, and as conflict persists, their impact on the force is immeasurable," Champoux said. "Part of what I hope members of Congress really appreciate is that they're in good hands. These noncommissioned officers are dedicated, are committed, are professional. They're bright, they're articulate, they're all the things you want as leaders of America's sons and daughters."

Chapel News

Commentary: On the meaning of Easter



By
CHAP (COL)
RUBEN D. COLON JR.
APG Garrison Chaplain

The Easter experience and message centers on the following bible passage: "Anyone who does not want to take up his cross and follow in my footsteps is not worthy of me. Anyone who finds his

life will lose it; anyone who loses his life for my sake, will find it." (Matthew 10:38-39)

Easter is the climax of the Christian calendar for its believers. It is about the one who was put to death on Good Friday, and presumed dead, who reveals himself as The Risen Christ.

He puts it to his disciples in these words: "So you see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this." (Luke 24:46-48)

Today's Christians are like those early disciples. And as Jesus' disciples, they are now witnesses to the good news of the resurrection power of a god who transforms fear into hope, sorrow into joy and death into life. Therefore, Christians are called to be people of forgive-

ness and by it redemption.

After Jesus was arrested, Peter was accused of being one of his followers and, not once, not twice, but three times Peter denied it. Then the cock crowed as Jesus had predicted, and Peter wept bitterly. But the beautiful thing about Peter is that every single time he fell down like this, he bounced back, started all over again. He learned from the experience, and he moved on.

There are people around us who have been knocked down again and again, and they ask, "Why?" I don't know if there is an answer, in fact, I don't know anybody who does know why. But I do know that by the grace of God, like Peter, you can pick yourself up every time you get knocked down and can move on.

Looking at Peter's life, we can see how God was able to develop and bring out the beauty and the uniqueness of the person he created Peter to be. And we can begin to realize that God wants to do the same with us. Peter helps us to realize that becoming a whole person, who knows what is right and does it, is a process of growth. It is wrong to think of Christian discipleship as achieving a once and for all goal of some kind.

Christian discipleship is, primarily, a process of growing toward a goal. And that means, even though I am incomplete, even though I am terribly flawed, even though I am a sinner, God's grace is available to me so that I can move deeper into life with all its crunches and pressures and rejoice in it.

Through the Resurrection of the Lord Christians become forgiven sinners. We die to sin, and Christ died to the sin of the world. He wraps his arms around us in a kind of spiritual hug where we discover mercy.

When we grow in love through the process of genuine caring, genuine compassion, genuine forgiving in our relationships with others, then Christ comes to life again when we thought him dead. That's at the heart of the Christians' celebration of Easter.

Gospel News

A three-day APG Gospel Revival Service, "The Pursuit of Holiness" will be held 7 to 9 p.m., April 22 to 24, at the Post Chapel, building 2485. Apostle Bishop Stephen Parson from the Perfecting Word Ministry in White Marsh, will be the guest speaker on April 24.

Holy Season worship schedule

Easter Sunrise Worship Service

The Aberdeen Area Chapel will hold a combined Easter Sunrise Worship Service, 7 a.m., April 12, on the front lawn of the chapel.

In case of inclement weather, the service will be held inside the sanctuary of the chapel. Refreshments will be served in the social hall immediately after the service.

For more information, call 410-278-4333.

Lenten holy week schedule

- April 10, 3 p.m., Good Friday
 Stations of the Cross
- April 11, 8 p.m., Holy Saturday Easter Vigil
- April 12, 8:30 a.m., Easter Sunday Mass

Lenten program

- Edgewood Area
- April 9, 7 p.m., Holy Thursday mass, Adoration
- April 12, 10:45 a.m., Easter Sunday mass

For more information or to volunteer to make soup, call Connie Richardson, 410-676-0179, or e-mail car0992@comcast.net.

Jewish eventsFamily Passover Seder tonight

Join the celebration of Passover, "The Jewish Liberation from Slavery," 6 to 9 p.m., April 9, at Temple Adas Shalom Harford Jewish Center located on 8 North Earlton Road Ext., Havre de Grace. The Family Passover Seder includes seder plates and matzah for every table, gefilte fish, chicken soup with matzah balls, chicken and gravy, vegetables and assorted pesach desserts.

For more information, call Lt. Col. Jonas Vogelhut, 410-436-4102, or e-mail jonas-vogelhut@us.army. mil.



AUSA members get a taste of RDECOM research

YVONNE JOHNSON

Members and guests of the Aberdeen Chapter of the Association of the United States Army got to sample the latest innovations in combat feeding, courtesy of the U.S. Army Research, Development and Engineering Command, during a meeting at Vitali's Restaurant in Edgewood March 17.

Guest speakers from the Natick Soldier Research, Development and Engineering Center, Gerald A. Darsch, director of the Department of Defense Combat Feeding Directorate, and Kathy Evangelos, executive assistant to the director and program integrator, gave a presentation on the history of combat feeding and displayed samples of rations from World War I to present.

Mary Jane Jernigan, Aberdeen AUSA chapter president, welcomed guests who included retired Brig. Gen. Dean Ertwine, former commander of the former U.S. Army Test and Evaluation Command, now the U.S. Army Developmental Test Command, and RDECOM Command Sgt. Maj. Hector Marin.

Jernigan said she looked forward to "learning more about our Soldiers' lives."

"We work on systems and we think about systems, but the U.S. Warfighter is the best system we have ever had, and today we get to learn about how we fuel that system," she said.

Darsch began with the overview, 'U.S. military rations: Yesterday, Today and Tomorrow.'

to fuel the Defense Department's most valuable weapons platform: the individual Warfighter," Darsch said.

He said that typical rations for Soldiers during the American Revolution consisted of portions of pork, fish, peas, beans and meal and then distributed samples of hardback crackers to the audience that resembled giant saltine crackers, which were given to troops during the Civil War.

Innovations during World War I enabled planners a portable way to prepare and preserve rations in the field, Darsch said, and by World War II, researchers had developed 23 different types of rations which were needed to feed 3 million troops on two fronts.

"The first attempt to develop C-rations came in 1938, and during World War II they also developed the K-ration for paratroopers and D-rations or D-bars as survival rations for paratroopers," he said.

"There were few innovations during the Korean War and Soldiers were forced to eat surplus World War II C-rations, Darsch said, "but food choices included canned fruits, cakes and breads."

He said that innovations during the Vietnam and Space Program years saw cigarettes, gum and the valuable P-38 can opener included in C-rations and complete meals contained in toothpastelike containers for astronauts.

The 70s and early 80s saw the development of the Meals Ready to Eat, or MRE, and by the late 20th century, during Operation Desert Shield/Storm, menus had increased from 112 to 124

"We feel our mission and our job is selections with variety and enhancements that included flameless ration heaters, vegetarian meals and commercial items like Snickers candy bars and Taster's Choice coffee," Darsch said.

He added that although developments continued from there, the Iraq War presented unique problems for researchers.

"It became clear that we were not dealing with a symmetric battlefield, it became very asymmetric," he said.

Unconventional warfare that challenges supply lines for Warfighters in Iraq and Afghanistan has resulted in the development of the First Strike Ration, or FSR, and Unitized Group Rations, or UGR.

The FSR is a compact, eat-on-the move ration concept designed to be consumed during the first 72 hours of conflict. The FSR substantially reduces weight and load and is intended to enhance a consumer's physical performance, mental acuity and mobility. The FSR features major advancements in food processing, preservation, nutrient delivery and packaging technologies to include innovative methods in intermediate moisture foods, glucose optimization and novel packaging materials and configurations.

The UGR-H&S is generally the first group ration made available to Warfighters in theater, utilized in combination with the MRE for daily feeding.

Other UGR rations include the 'A' ration, a hybrid meal kit designed to feed a group of 50 persons for one meal. It includes perishable/frozen entrees and commercial components.

The 'B' ration differs from the 'A' ration, in that it includes a tray-based heat-and-serve (T-Ration) form, heated by hot water immersion when a field kitchen is not available, or the express form, with a self-heating module and disposable accessories.

Its objective is to decrease inventorycarrying costs and simplify the ordering, distribution and logistical process while providing the Warfighter with top-quality, easy to prepare meals.

The FSR and UGR rations are part of the Fielded Group Ration Improvement Project. Field tests are conducted annually and menu revisions are made based on Warfighter recommendations and feedback.

Attendees sampled food items from MREs and First Strike throughout the presentation. The candy bars and chocolate covered coffee beans were especially popular.

Marin said he would like to have the same presentation seen by a larger audience of Soldiers.

"All officers, noncommissioned officers and Soldiers should realize the history of what we've done as a nation to support the Warfighter on the field," he

Jernigan said she found the presentation "interactive, educational and fun."

"I think everyone came away with a more intimate knowledge about Soldiers' lives," she said. 'Military food has come a long way, and we are all grateful for the hard work of the DoD Combat Feeding Directorate. They are passionate about their work and it shows."

From front page

safety precautions," said Edward Budnick, chief of the APG Fire Protection and Prevention Division. "Everyone is asked to do their part in turning this year's fire statistics around by taking basic fire safety precautions.

"Take responsibility for fire prevention at work for your safety and that of your co-workers," Budnick continued. "The best way to prevent a fire is to be on the lookout for possible fire hazards. Be aware of potential fire hazards in the workplace. Be aware of the location of fire extinguishers and other emergency equipment that is available to you."

Budnick asked APG employees and residents to use the following fire safety precautions:

• A portable heater is for temporary use only. Adequate clearance is needed from anything that may catch fire like file boxes and papers. There should be at least 36 inches of clear space around the heater. All heaters must be equipped with a safety tip over switch and be either Factory Mutual or Underwriters Laboratory listed. Never place the heater under a desk or on top of any combustible surface. The heater must be plugged

directly into a wall receptacle. Never use an extension cord with a heater. Check all heaters at the end of the work day to be sure they are turned off.

· A high standard of housekeeping should be maintained in and around buildings at all times to prevent fires. Excessive amounts of papers and files create large fire loads in the buildings. Trash should be emptied at the end of the day. Recycling containers are provided; if the tote or bin is full do not keep piling paper on top of the bin or tote. Special arrangements may be made in the event of office moves or when an excessive amount of paper is going to be generated. Contact the Quality Assurance Office at least one week in advance to schedule this service, 410-278-4747/9741.

• Extension cords should only be permitted for use when the following conditions are met. Cords should not be used in the place of permanently installed wiring. The cord is not designed to allow more than one item to be plugged in and is removed at the end of the day or when the work is finished. Multiple outlet extension cords, like power strips, for example are allowed for use at all times with the following cautions. They must be plugged directly into a wall receptacle and be

equipped with a circuit breaker on the unit. Power strips shall not be plugged into each other. The uses of small gauge (16 AWG) extension cords or with adaptors that allow more than one item to be plugged in are prohibited.

• All electrical appliances must have either the UL or FM approval marked on the appliance; all heat producing devices such as portable heaters and coffee pots must be placed on a non-combustible surface and turned off at the end of the day. Coffee pots with timers are allowed only when equipped with a two-hour auto shut off feature. Paper towels, table cloths or any other fabric under any heat producing device are prohibited.

Budnick added that it is important to report hazardous situations to the fire department.

T.C. Glassman, a fire inspector for the APG Fire and Protection and Prevention Division, said it is important to know what to do if a fire emergency occurs.

"During an actual emergency, protect yourself. If it is not safe for you to get involved, don't," Glassman said. "If you're ever confronted with a fire, keep your cool, but think fast and act with caution. When a fire is discovered, size it up fast. Knowing when to try to control the fire yourself and when to call for help is essential."

Glassman said that in a fire emergency, dial 911, activate the fire alarm, evacuate the building and give the details about the fire to the dispatcher (location, how it started etc.).

"Never hesitate to call the fire department, even if the fire seems minor and you manage to put it out before the firefighters arrive. The quicker the alarm is activated, the sooner firefighters can attempt to get it under control. Have someone meet and tell the firefighters where the fire is. They can lose valuable minutes if they have to find it themselves," he said.

Glassman added to only fight the fire if it can be done safely with proper extinguishing materials at hand.

"In general, never join in the firefighting unless the firefighters request your help," he said. "When a fire arises, warn others immediately. Warn anyone in the area so they can get to safety. This is especially important in the case of indoor fires. Most people die from smoke, poisonous gases and panic. Panic is usually the result of not knowing what to do. If there is an escape plan, adapt it to the emergency."

Glassman said that most fires start small, but they can rage out of control in a few minutes.

"It's important to know where the fire extinguishers are located in your buildings and how to operate them properly. Choose the correct extinguisher for the type of fire (paper/wood, grease/gas/flammable liquids, electrical)," he said. "If you are not trained or authorized to use an extinguisher, don't try. The time you waste in figuring out an extinguisher could mean the difference between minor damage and a major disaster."

On behalf of the APG Fire and Emergency Services Division Glassman would like to thank those who help keep APG's people and facilities safe from fire.

"Fire safety is everyone's responsibility, and I would like to thank those at APG who take it as seriously as we do," he said. "It's through your diligence, attention and observance that we can keep the community safe."

"Look for more articles in the APG News between now and Oct. 31 emphasizing fire safety and prevention," Budnick said.

For more information about fire safety on the installation, fire inspections and training, call the Fire Prevention Division at 410-306-0572 in the Aberdeen Area, and 410-436-4451 in the Edgewood Area.

FAMILY, MORALE, WELFARE & RECREATION

Texas Hold 'Em tournament draws more than 100 players DOIM civilian and first-time live tournament player wins grand prize

Story by
YVONNE JOHNSON

The Directorate of Family and Morale, Welfare and Recreation's second Texas Hold 'Em tournament at Aberdeen Proving Ground drew more than 100 contestants to Top of the Bay

The marathon event lasted 11 hours and came down to three top finishers.

First place went to Michael Winchester, a contractor with the Directorate of Information Management; in second was retiree Dennis Reabold; and Clifton Wiley, an instructor in the U.S. Army Ordnance Center and Schools' Ordnance Mechanical Maintenance School, came in third.

Winchester won a \$500 American Express gift card. He will represent APG during the online finals in May. Winchester said it was his first time entering a live tournament.

"I've always liked poker and I play the video games, but no one was more shocked and surprised than I was that I won," he said. He said as player after player dropped out he wondered when his turn would come.

He said that the event was



Photo courtesy of TOP OF THE BAY

Players watch their winnings and keep an eye on the big screen during the Texas Hold 'em tournament at Top of

very well organized and that he found the addition of a large screen that displayed the tournament information such as the

dollar amount of the chip colors and bidding status, very helpful.

"The problem is I'm color-

blind, and I had to keep asking what the colors were but everyone was very helpful and nice," "Towards the end I thought I

would be knocked out at any minute," he said. "My goal was not to win; I just wanted to finish in the top ten."

"I just want to say that there were one-hundred and ten people in the tournament but I did not beat one-hundred and nine," he said. "I just outlasted them."

Third-place winner Wiley said that because he didn't do so well in the first APG tournament, this time he came in with a strategy.

"I planned to stay in the game and not do anything crazy," he said, calling his win, "incredible." "My objective was just to

make it to the finals," he said. "I just couldn't believe it."

Wiley won a \$100 Home Depot gift certificate.

"My wife already had plans for that," he said.

Wiley also liked the organization of the tournament.

"This one was much better than the first one," he said. "It was upstairs with better lighting and the big screen made it easier to keep up. The whole setup was just great. It was like being

on ESPN.' Second-place winner Dennis Reabold received an iPod touch.

Activities/Events

Month of the Military Child Essay Contest

One way to celebrate the Month of the Military Child is to hear from children. With that in mind, FMWR is hosting an essay contest. In no more than 500 words, explain "What does it mean to you to be a military child?"

The essay contest is only open to active duty military Family members in Kindergarten through 12th grade. Essay categories include K through 5th grade, and 6th through 12th grades.

The deadline to turn in essays is April 15. Include the child's name, sponsor's name, and contact information. The winner will be announced April 17.

The winner in each category will receive four tickets for their Family to an Orioles baseball game.

Send completed essays to Central Registration Office, building 2752, 410-278-7571/7479 or by fax 410-278-4658.

For more information, call 410-278-4589, e-mail stacie.umbarger1@conus. army.mil.

APG holds Armed Forces Day 10K

Charm City Run will sponsor a 10K run (6.2 miles), 7:30 a.m., May 16, commemorating Armed Forces Day, at the Aberdeen Athletic Center, building

The race is open to the general public, military or civilian. Entry forms can be found on Charm City Run Web site, www.charmcityrun.com.

Entry fees are \$25 through May 1, \$30 through May 15 and \$35 race day. There is a \$5 discount for active duty military and privates (E-1) through private first class (E-3) are free. Military grades E-1 through E-3 may register with their unit.

Runners will receive a 10K Run Tshirt and water will be provided on the course and at the finish line.

For more information, call Ralph Cuomo, APG Sports Office at 410-278-3868 or contact a unit first sergeant.

25th anniversary Army 10-Miler

The 25th annual Army Ten-Miler will be held 8 a.m. Oct. 4, Washington, D.C. To mark the 25th anniversary of the Army Ten Miler, the field for the race will be increased to 30,000 runners.

The packet pick-up and expo have moved to the D.C. Armory at 2001 East Capitol Street, NE, Washington, D.C. The armory is conveniently located off the Metro Orange and Blue lines at the Stadium/Armory stop. Parking is available at the armory for \$7.

Packet pick-up and expo will be open 11 a.m. to 8 p.m., Oct. 2, and 9 a.m. to 7

Register early for a spot in the race. The GEICO pasta dinner tickets. Hooah Tents and Youth Run registration is also open. Runners are encouraged to sign up early.

For more information or to register, visit www.armytenmiler.com.

Walt Disney World Salutes the Military

Walt Disney World is offering active duty military and retirees a free complimentary five-day park hopper and water park ticket and up to five five-day companion tickets for just \$99 each, or an upgrade to a hopper for \$124 each.

Tickets cost \$25 extra for each addon/upgrade applied. Tickets must be purchased three weeks in advance. Tickets are not valid until activated at the theme park ticket window. Valid military ID is required at time of purchase and activation. All sales are final. No refunds, exchanges or upgrades after purchase.

Ticket prices expire Dec. 23.

For more information or to purchase tickets, call 410-278-4011/4907 or visit the AA Recreation Center, building

SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Central Registration Office, building 2752, 410-278-7571/7479. Open to all DoD ID card holders. For an appointment, e-mail stacie.umbarger@conus.army.mil.

Baby Signs play class

SKIES Unlimited invites parents and children to join Baby Signs, a Sing, Say and Play Class, 6 to 7 p.m., May 18, at the Aberdeen Area Child Development Center Gross Motor Room. Meet a certified Baby Signs instructor and enjoy a demonstration of Baby Signs play class. Learn new signs with songs, interactive play activities and find out more about the Baby Signs program.

Open to all DoD ID card holder Family members.

Group Piano Lessons for adults

Beginner Group Piano Lessons for adults will be held 5:30 to 7 p.m., Mondays, April 13 through May 18. Intermediate Group Piano Lessons for adults will be held 7 to 8:30 p.m., Mondays, April 13 through May 18

Beginner and intermediate lessons cost \$102 per person and does not included required text book. Each session is 90 minutes long for six weeks. Class location is Aberdeen Area Recreation Center, building 3326.

Private Piano Lessons for adults

Now is the time for adults to learn to play the piano like they always wanted to. No experience is necessary.

Classes will be held 11:30 a.m. to 3 p.m. and 4 to 5:30 p.m., Mondays, from

April 13 through May 18. Each session is 30 minutes long for six weeks. Instrument will be provided. Cost per person is \$102 and does not

include required text. Class location is Aberdeen Area Rec-

reation Center, building 3326. Class is open to ID card holders 18 years and older. Call MWR Registration, building 3326, 410-278-4011/4907 or Hoyle Fitness Center, building E-4210, 410-436-7134.

Toddler Art

Calling all young Picassos. Toddler Art lessons will be given 9:30 to 10:15 a.m., Wednesdays, June 24 through July 29, for ages 2 through 4 at Aberdeen Area Youth Center, building 2522.

Hands-on creativity is the theme as children explore paint, clay, color, texture and shapes. Dress little ones in old clothes or smock and be prepared for a messy good time. Parent participation required.

Cost is \$60 per student for eight

Introduction to Water Colors

SKIES Unlimited offers an Introduction to Water Colors, 10:30 a.m. to noon, Wednesdays, June 24 through July 29, for ages 8 through 13 at the Aberdeen Area Youth Center, building 2522. Cost is \$60 per student for eight weeks.

Students will learn watercolor tech-

niques. Instruction will focus on brush handling and controlling water volume

Students are required to have a 11- x 14-inch drawing pad.

Beginner Tae Kwon Do

on the brush and paper.

Join the Unity Tae Kwon Do School of Martial Arts at APG. Tae Kwon Do promotes discipline, as well as muscle toning and conditioning.

Beginner Tae Kwon Do classes will be held for ages 6 through 13 at the Child, Youth and School Center, building 2522, Tuesday and Thursday, 5:30 to 6:15 p.m. from April 28 through May 21 and from June 2 through 25. Cost is \$65 per student for a one-month session or \$150 per student for a three-month session.

Drawing and Sketching

Drawing and sketching classes will be held 10 to 11:30 a.m., Mondays and Thursdays, June 22 through July 30, for ages 10 to 15 at Aberdeen Area Youth

Center, building 2522.

Students will explore the concepts of value, proportion, perspective, composition, and foreshortening in this drawing class. Class topics include materials used in drawing and sketching, memory drawing, contour drawing, grid drawing, tonal drawing and matting of complet-

Students are required to have an 11- x 14-inch drawing pad.

Clsss costs \$120 per student for eight

Looking for a job?

Visit FMWR Jobs Available at www.apgmwr.com.

All jobs for Aberdeen Proving Ground are listed at http://acpol. army.mil/employment/naf.htm or check out AAFES Jobs link http:// odin.aafes.com/employment/ for additional job opportunities.

April bowling specials

In April, bowl from 1 to 5 p.m. for \$1.50 per game; shoe rental costs \$2. It's Cosmic Saturday on April 18. One hour of bowling, one whole cheese pizza (toppings extra) and one pitcher of soda for \$32.

Soldier Special: 5 to 9 p.m., April 13, 20 and 27, Soldiers bowl for \$1.75 per game per person; shoe rental costs \$2. Soldiers must show ID.

APG Bowling Center Snack Bar specials Building 2342

Week of April 6

Special #1: Ham and cheese wrap with potato chips and regular soda for \$5.25. Special #2: Chicken cheese steak wrap with potato chips and regular soda for

Special #3: Cheese steak wrap with potato chips and regular soda for \$4.75.

Week of April 13

Special #1: chicken tender sub with potato chips and regular soda for \$6.95.

Special #2: Pork BBQ with french fries and regular soda for \$6.95.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.



Easter Brunch Apı

An Easter Brunch will be held 10 a.m. to 2 p.m., April 12, at Top of the Bay. Cost is \$21.95 for adults, \$9.95 for children ages 5 to 11 and children under 5 are free.

The breakfast buffet includes an omelet station, french toast, scrambled eggs, sausage gravy and home fries, bagels, muffins and Danish.

The luncheon buffet includes chick-

en marsala, baked ham with fruit sauce, baked cod in white wine sauce, assorted vegetables, potatoes and rice, carving station with prime rib and turkey.

Cost also includes assorted desserts, mimosa's, Bloody Mary's, juices, coffee and tea.

Reservations required are with a deadline of April 9. Call 410-278-3062/2552/5195.

Health Not

Commitment is key to success of quarterly Edgewood blood drive

DON KENNEDY

Terry Gustafson seemed unphased by Yolanda Velazquez's frustration. The phlebotomist poked and prodded Gustafson's left arm, methodically seeking out a vein under the hardened scar tissue that lay just beneath the skin. It was the first time she'd ever seen her, but it was obvious to Velazquez that this wasn't anything new to the woman sitting in her chair.

Gustafson said that when someone has, given blood as long as she has -24 years to be exact - there is a tendency to build up a little scar tissue. Gustafson has been a regular at the American Red Cross collection station in Emmorton, not far from the gate of the Aberdeen Proving Ground's Edgewood Area where she works at the U.S. Army Edgewood Chemical Biologi-

But on April 1 Gustafson decided to try a new venue, the headquarters building of ECBC, where once every few months the cafeteria is converted into an eight-chair blood collection site.

"I told myself that when I hit the onehundred donation mark at the Red Cross, I'd start donating at the drive at ECBC," she explained. "I did my hundredth donation a few months ago, so here I am."

The ECBC blood drive is conducted quarterly by the Armed Services Blood Bank Center, an organization with exclusive rites to conduct collections at the area's Department of Defense facilities. And while an APG event means one of the longest commutes for the 15-members of the ASBBC National Capital Region team, it is one of their favorites.

"This is a great drive," explained Dan Vince Cruz, the deputy director of the ASBBC's National Capital Region. "We always get consistent numbers when we



Terry Gustafson of the Edgewood Chemical Biological Center is cool as a cucumber awaiting insertion of the collection needle from a phlebotomist during the April 1 blood drive at ECBC headquarters. Since February of 2008, the Edgewood Area of Aberdeen Proving Ground has hosted a quarterly blood drive. To date, there have been more than 400 donations, resulting in 233 units of blood collected for the Armed Forces Blood Bank Center.

come here. We know we are going to leave here with fifty units of blood every time we come to Edgewood [Area]."

During the five blood drives the Edgewood Area has hosted since February 2008, donors from ECBC, the U.S. Army Research, Development and Engineering Command, Center for Health Promotion and Preventive Medicine and Medical Research Institute of Chemical Defense have contributed 233 units of blood.

During the April 1 drive, 86 donors contributed 58 units. Vince Cruz said that it takes about 80 people to get 50 units of blood on average.

"The key to a good drive," Vince

Cruz continued, "is successfully marketing the drive. We have fifty-nine collection sites throughout our region. Some will have about as many employees as there are here, and get ten or fifteen people to come out. Some will send out a single e-mail to the workforce and be done with it. The turnout usually reflects the effort that was put into the drive. It is clear here at Edgewood [Area], that a lot of effort goes out. Posters, flyers, word of mouth, announcements, whatever it is, they are doing it right."

Ask anyone associated with the drive and they are likely to mention Mary Doak as the secret to ECBC's success.

She is not only in charge of the mar-

keting for the drive, she also adds her own personal touches, usually in the form of holiday themes. Her latest effort involved plastic Easter eggs stuffed with candy for participants to draw from a large basket. In about half of those eggs were numbers that corresponded to a wrapped door prize.

Creative? Sure, but what is most impressive is that Doak purchased all the door prizes, eggs, candy and gift bags out of her own pocket and also spent her own time wrapping the gifts.

"You have to say 'thank you' to people," said Doak, the center's educational and community outreach coordinator. "It's the right thing to do. They are taking time out of their busy schedules to contribute to this important effort, and we should tell them how much we appreciate it – even if we tell them by giving them a plastic egg with a peanut butter cup."

One of the few "green-suiters" to donate on the compound dominated by civilian employees was RDECOM Chaplain Col. Jeffrey Zust. One reason, he said, was because it was obvious how much effort the center puts into making the event successful.

"I just want to show my support for their effort," he said.

But, he said, there is a more important reason.

"As a former member of the 22nd Brigade Combat Team that served in Iraq between 2006 and 2008, I know this blood goes to a very good cause," he said.

Gustafson agreed.

"I have a son-in-law serving in Afghanistan right now, and I feel that this is a small thing that I can do to help," she said. "I hope he never needs this blood, but I feel better knowing that if he does, it is available."

April is sexual assault awareness mo

LISA YOUNG

U.S. Army Center for Health Promotion and Preventive Medicine

Sexual Assault Awareness Month is a national observance marked in April designed to raise awareness and promote the prevention of sexual violence. The 2009 theme is "Prevent Sexual Violence...in our workplaces," with the slogan of "Respect Works!"

Sexual assault in the Army is a serious, high-profile issue. Historically, veterans' hospitals report high percentages of their female veterans as victims of sexual assault while serving in the military. In response, the Army and Department of Defense continue to address the crime of sexual assault.

The Army's prevention program is "I. A.M. STRONG," where the letters "I," "A," and "M" stand for "Intervene, Act, Motivate." The Army's goal is to combat sexual assaults by engaging all Soldiers in preventing them before they occur.

Soldiers should not tolerate acts of sexual harassment or obscene language, gestures or behavior, but rather display personal courage in defending other Soldiers from these behaviors and from assault. This is especially important when alcohol is involved, since taking a stance against potential perpetrators of sexual assault can make a difference.

Army leaders are expected to develop and maintain a command climate that encourages Soldiers to actively engage in their units and communities to treat others with respect and prevent sexual assault.

In both the Army and DoD, an integrated sexual assault response network provides access to support systems and response personnel. Response personnel include the sexual assault response coordinator, victim advocate, healthcare providers, law enforcement and criminal investigators, judge advocates and chaplains.

Most people have difficulty identifying situations that require intervention, and studies show that few are likely to act if others do not respond.

Commanders, SARCs and VAs have the ability to create an environment of mutual respect and motivation to prevent sexual assault.

The Army maintains a Sexual Assault Prevention and Response Web site. The site offers information on policy, prevention, training and leader prevention roles, as well as direction on what to do if sexually assaulted. The site includes the Army's 2008 report on Sexual Assault, training initiatives and materials such as posters and banners, which can be used to support training.

The Army and other military services require sexual assault training in accession programs as well as pre-deployment training that provides information regarding the cultural differences of a given host country and coalition partners. Commanders receive ongoing training to help guide their actions related to the needs of a sexual assault victim and rights of the accused, as well as actions that assist their organization. SAAM materials can be used to sup-

port installation and unit sexual assault prevention and education efforts. Armyspecific materials include a toolkit, bookmark and poster.

Sexual assault prevention information and materials are available at:

- DOD sexual assault Web site, www.
- Army sexual assault Web site, www. sexualassault.army.mil
- USACHPPM sexual assault tip card, http://usachppm.amedd.army. mil/HIOShoppingCart/viewItem.
- SAAM Web site, www.nsvrc.org/ saam (search for "Army")

TRICARE data associates flu treatment with reduction in risk of heart attack, stroke

U.S. DoD Military Health System

A study using TRICARE beneficiary health data suggests that a common treatment for influenza may significantly decrease the risk of recurring cardiovascular events in patients with a history of CV disease.

The influenza treatment is oseltamivir, more commonly known under its trade name of Tamiflu. Not a flu shot, the medication is used to help prevent the flu after exposure, or lessen the severity of symptoms.

The study findings are published in the March issue of "Circulation: Cardiovascular Quality and Outcomes" at http://circoutcomes.ahajournals. org. The article is among the "editor's

Preventive use of oseltamivir has been associated with a reduced risk of adverse cardiac and cerebral vascular problems, but less is known about the association between therapeutic use of oseltamivir and recurring CV among influenza patients with a history of vascular disease.

Lead author, Dr. S. Ward Casscells, assistant secretary of Defense for Health Affairs, and colleagues including Army Maj. Gen. Elder Granger, deputy director of TRICARE Management Activity, examined the electronic healthcare and pharmacy records of more than 37,000 TRICARE beneficiaries. The examination focused on beneficiaries 18 and older with a history of CV disease and a subsequent diagnosis of influenza from Oct. 1, 2003, through Sept. 30, 2007.

Subjects were grouped according to whether they had filled a prescription for oseltamivir within two days of their influenza diagnosis. The incidence of recurrent CV events within 30 days after the influenza diagnosis among oseltavmivir-treated and untreated subjects was 8.5 percent and 21.2 percent, respectively. Age was a persistent and significant contributor to the likelihood of recurrent CV issues.

After adjustment for demographic differences between those who were treated and those who were untreated, a significant protective effect was associated with oseltamivir treatment.

The findings warrant future controlled studies to confirm results, according to Casscells. Meanwhile, patients with CV disease should be sure to follow current guidelines for prevention and treatment of influenza in consultation with their

Exchange Online Mall partner to salute the mothers of 500 deployed troops

Troops unable to make it home for Mother's Day this year can enter to win one of 500 personalized art canvases that will be given away as part of Canvas on Demand's "Operation: Hi Mom" campaign.

'Deployed Soldiers, Airmen, Marines and Sailors can simply click on the Canvas on Demand link at the Exchange Online Mall and upload a favorite photo for a chance to send mom one of the five hundred free sixteen- by twenty-inch 'Pixel Painting' canvases set to be given away," said the Army & Air Force Exchange Service's Chief Marketing Officer Mat Dromey. "These personalized keepsakes,

which will be sent on service members' behalf, can be hung in a place of honor and cherished forever."

Photos submitted for "Operation: Hi Mom" consideration can be viewed online by logging on to the Exchange Online Mall http://www.exchangeonlinemall.com/, navigating to Canvas on Demand and clicking the "Operation: Hi Mom" banner.

Five hundred pictures will ultimately be selected, at random, on or before April 30 to ensure the personalized art is delivered in time for Mother's Day.

Canvas on Demand is one of 117 vendor partners offering exclusive discounts to military shoppers through the Exchange Online Store's Exchange Online Mall.

AAFES CONUS book, magazine supplier ceases operations

Anderson News, the current supplier of books and magazines for the majority of Army & Air Force Exchange Service facilities in the United States, announced in February that they have ceased operations.

As a result of Anderson's decision to suspend business activity, the availability of many best selling weekly and monthly magazines at stateside BXs and PXs are being impacted.

"We are extremely sorry for any inconvenience this may cause and want to assure military shoppers that this is an extremely important issue to AAFES,' said Tim Calkins, contracting officer for AAFES Books and Magazines. "We are working diligently to find a replacement source as soon as possible to minimize the impact our book and magazine wholesaler's actions are causing."

The delivery of books and magazines to AAFES facilities outside the continental United States are not affected by Anderson News' suspension of operations.

Community Notes

APRIL 11 EASTER EGG HUNT

Harford County Kids Magazine will sponsor the annual Easter Egg Hunt, 1 p.m. at Rockfield Manor, located on 501 Churchville Road, Bel Air. Have some fun in this Family friendly event. The Easter Egg Hunt is only for children ages 6 and under. Grounds open at 11:30 am. The cost is \$5 per child; children should bring their own basket.

Photos with the Easter Bunny cost \$8 for a color 4 inch x 6 inch photo and are provided by Celebree Learning Centers.

All proceeds will benefit the Rockfield Foundation and The Leukemia and Lymphoma Society.

For more information, call 410-638-4565.

FRIDAY

APRIL 17BASKET BINGO

Basket Bingo to benefit Relay for Life, American Cancer Society – Grace's Grateful Grapes Team, will be held 7 p.m. at the Aberdeen Fire Hall on Rodgers Street. Doors open 6 p.m. Presale tickets cost \$10 per person and \$12 at the door. Extra packs cost \$5 each. Food and drinks will be available. Bring a non-perishable food item for a bonus prize.

For more information or to purchase tickets, call Karen Mitchell, 410-272-7098 or Brenda Conjour, 410-273-7332.

SATURDAY

APRIL 18 SPECIAL OLYMPICS INSPIRATION WALK AND RUN

Harford County will hold the Fifth Annual Special Olympics Inspiration Walk and First Annual Inspiration Run at Harford Community College. Registration will take place 8 a.m. for the First Annual Inspiration Run; the run will start 8:30 a.m.

Registration for the Fifth Annual Inspiration Walk will take place 8:30 a.m.; the walk will start 10 a.m. Run, walk or roll in the event.

All participants with a minimum of \$25 in pledges will receive T-shirts.

Additional prizes will be awarded. For more information, call Mike Watkins, 410-638-4899, or e-mail mdwatkins@harfordcountymd.gov.

EARTH DAY 2009

An Earth Day celebration will be held 11 a.m. to 4 p.m., at Aberdeen Festival Park located on West Belair Avenue, across from the Aberdeen Library. The free event is for all ages and will include live music, a rock climbing wall, a "moon bounce," tie-dye, recycled games and prizes.

For more information, to register or for directions, call 410-297-4215.

TEXAS HOLD'EM

American Legion Susquehanna Post 135 located on 300 Cherry Street, Perryville, invites the public to a Texas Hold'em event poon to 11 p.m. Regis-

Hold'em event, noon to 11 p.m. Register at noon and 5 p.m. The first game starts at 1 p.m., the second game starts at 6 p.m. with a \$50 buy in; firstcome, first-served. Sandwiches and light fare will be available.

For more information, call 410-642-2771

ELECTRONICS RECYCLING EVENT

A Community Electronics Recycling event will be held 10 a.m. to 2 p.m. at St. Ignatius Church located on 533 East Jarrettsville Road, Forest Hill. Computers contain hazardous materials that should not be mixed with regular trash.

The public is invited to donate their old computers, CPU's, speakers, fax machines, scanners, printers, keyboards, cell phones, stereos, mice and microwaves free of charge.

A contribution of \$10 per monitor will be requested. Do not bring television sets. Tax donation receipts will be provided.

For more information or directions, call 443-866-5101 or e-mail electronics@aceweb.com.

PURSE BINGO

Purse Bingo will be held 7 p.m. at the American Legion Post 128 located on 44 North Parke Street, Aberdeen. Doors open at 6 p.m. Tickets cost \$15 per person; extra packets cost \$5 each. Food, drinks and baked goods will be available. All proceeds benefit the Aberdeen High School Chorus and Prom. No smoking is allowed.

For more information or to purchase tickets, call Diana Jackson, 443-504-

AMERICAN LEGION RIDERS POST 17 ANNIVERSARY

PARTY
Help celebrate the first anniversary of the American Legion Riders Post 17,

7 p.m. to midnight, at the American Legion Service Post 17 located on 415 Edgewood Road. Tickets cost \$15 per person and includes pit beef and ham, meatballs, pork-n-beans, cole slaw, potato salad, draft beer and soda; music by Hound Dog Productions. For more information or to purchase tickets, call Dave, 410-592-2729.

PURSE AND BASKET BINGO

Purse and Basket Bingo to benefit Krafty Survivors Relay for Life will be held at VFW Post 8185, located on Route 222, Port Deposit. Doors open 5:45, bingo begins at 7 p.m.

Tickets cost \$12 per person for all paper cards. Extra packs cost \$5. Door prizes and raffles will be available. This is a non-smoking event.

For more information, call Anne Gibson, 410-378-3338 or Pat Job, 410-658-5628.

(Editors Note: More calendar events can be seen at www.apgnews.apg.army. mil under Community Notes.)

APG School Liaison

Roye-Williams holds registration for pre-K/K

Roye-Williams Elementary School will hold its annual pre-kindergarten/kindergarten registration for the 2009 to 2010 school year, 9 a.m. to 2 p.m., May 1.

Parents are reminded that the state of Maryland holds mandatory all-day kindergarten unless a parent receives a waiver or exemption to their child's attendance. More information on waivers or exemptions is available by calling 410-273-5536.

Kindergarten packets may be picked up at the school beginning April 15 and returned on registration day for children who will be five years of age as of Sept. 1, 2009.

Pre-kindergarten registration packets may be picked up after 9 a.m., May 1, for children who will be four years of age as of Sept. 1, 2009.

When application forms are received, they will be checked for completeness and stamped with the date/time they were received. Parents who register their child for pre-kindergarten prior to June 11 will be notified of their non-acceptance into the program.

Parents are requested to bring their child's birth certificate or verification of birth, Social Security card and all immunization records.

The school also requires proof of residency, which can be in the form of a rental lease or utility bill (dated within the last two months prior to registration), which contains the parent's name and address. Parents must also bring a copy of their 2008 Federal Income Tax Return.

Military & Civilian Spouses' Club Scholarship

The Military and Civilian Spouses Club has scholarships for high school seniors, technical program students, and undergraduate and graduate students.

Amount: Varies (the number of MCSC scholarship opportunities awarded is dependent on the club's fundraising activities.)

Eligibility:

Applicants must be an MCSC member or be the dependent of an MCSC member.

• Applicant must plan to attend an accredited college or university during the 2009-2010 academic year in pursuit of an undergraduate degree, a graduate degree, or certification as specified by the application category.

MCSC is a volunteer, community-based organization. Therefore, MCSC scholarships are primarily merit based. The following selection criteria are listed in order of importance:

- Community / Volunteer activities (specifically with MCSC)
- Academic achievement
- Extra-curricular activities/ work experience
- Essa

To apply: Visit **www.apgmcsc.org** for more information and applications.

For more information on any APG school related topic, contact Eileen Campbell, 410-278-2857 or e-mail eileen.campbell@apg.army.mil.

Post Shorts

E-4810, April 15, Aug. 26, Oct. 21 and

In the Aberdeen Area, classes will be held at the Post Theater May 20, July 15 and Nov. 18.

Class size will be limited to 30 participants and will be filled on a first-come first-served basis. Pre-registration is required.

For more information or to register, call Raymond Campbell, 410-306-0566, or e-mail raymond.b.campbell@us.army.mil.

National Health Care Decisions Day April 16

The Office of the Staff Judge Advocate and Kirk U.S. Army Health Clinic will participate in National Health Care Decisions Day, April 16, 9 a.m. to 2 p.m. at the KUSAHC lobby.

National Health Care Decisions Day is an initiative to encourage patients to express their wishes regarding health-care and for provides and facilities to respect those wishes, whatever they may be. Representatives will be available at the KUSAHC lobby to provide informational materials and draft advance directives for eligible clientele.

For more information, visit http://www.nationalhealthcaredecisionsday.org/ or contact the OSJA Client Services Division, 410-278-1583.

Dining facilities serve Customer Appreciation Specialty Meal

The Customer Appreciation Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4503 and 4219 and the Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m., April 21.

During this event all military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$4.25 applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$3.65 applies to spouses and other Family members of enlisted personnel in ranks private through specialist/corporal.

The menu includes new England and clam chowder, grilled steak with mush-rooms and onions, fried shrimp, chicken teriyaki, seasoned freedom fries, baked macaroni and cheese, steamed broccoli, lightly buttered corn, brown gravy, cole slaw, zesty rotini salad, "Make your Own" salad bar, home made biscuits, southern style corn bread, big chocolate chip cookies, lemon cake, soft serve ice cream, assorted beverages.

Note: Menu is subject to change without prior notification.

Gunpowder Toastmaster's Club meets at APG

Learn to speak confidently and effectively. Toastmaster's mission is to help people improve their communication, leadership, evaluation, and public-speaking skills in a fun and friendly environment. The gunpowder Toastmaster's Club meets the first and third Monday every month (unless federal government holiday) in the Chemical Demilitarization Training Facility in building E-4516 Seminar Room.

April 20 is the next meetings, 11:30 a.m. to 12:30 p.m.

For more information, contact Adam Freeland, 410-652-8026 or George Alsfeld, 410-569-1189.

RecruitMilitary Career Fair April 23

RecruitMilitary, the Presidents National Hire Veterans Committee (Department of Labor), the American Legion, and the Military Spouse Corporate Career Network, will hold a free hiring event for veterans, personnel who are transitioning from active duty, Reserves, Guard and military spouses, 11 a.m. to 3 p.m., April 23, at M&T Bank Stadium (home of the Baltimore Ravens), 1100 Russell Street, Baltimore.

Meet with representatives from government contractors, private industry, law enforcement, education, transportation and more from local, state and national organizations.

Dress for success, bring plenty of resumes and be prepared for on-the-spot interviews or applications.

For more info or to register as a job-seeker, visit www.recruitmilitary.com.

Aberdeen Youth Center hosts Spring into Action Day April 25

Children and youths ages 3 through high school level and parents are invited to participate in Spring into Action Day, 8:30 a.m. to 1 p.m., April 25, at the Aberdeen Youth Center, building 2522. Events include the 50-yard dash, team building activities, 800 meter run, water balloon toss, football throw, home-run derby, fitness course, sports games and health stations.

For more information, ca 410-306-2297

Aberdeen Test Center change of command ceremony

The Aberdeen Test Center change of command ceremony is scheduled for 10 a.m., April 28, at the ATC Main Front, Barricade Two. Col. John P. Rooney will relinquish command to Col. Jeffrey P. Holt.

For more information, call 410-306-4005, e-mail apgr-atc-changeofcommand@conus.army.mil.

Annual Spring Technology Expo April 29

The Corporate Information Office of the U.S. Army Research, Development and Engineering Command and the U.S. Army Garrison Aberdeen Proving Ground Directorate of Information Management will host the 2009 Annual Spring Information Technology Expo 9:30 a.m. to 1:30 p.m., April 29, at Top of the Bay.

Contract exhibitors include Dell, HP, IBM, Lexmark, CDW-G, Emtec Federal, Metro Office Solutions, Konica Minolta and more. This list will be updated in the *APG News* until the day of the event.

Admission is free and open to all civilian, military and contractor personnel. Coffee, donuts and a light lunch will be served.

For more information, call Susan Suppa, DOIM, 410-278-7598.

Seeking members for the Disabled Committee

The Equal Opportunity program goal s to create and sustain effective units

by eliminating discriminatory behaviors or practices that undermine teamwork, mutual respect, loyalty, and shared sacrifices of the men and women of America's Army.

Sgt. 1st Class Elwood Veney, Equal Opportunity advisor for the U.S. Army Research, Development and engineering Command and the APG Garrison, is interested in reviving the Disabled Committee meetings.

A meeting is planned for early June to discuss ideas, suggestions and plans for the 2009 APG Garrison Disability Awareness Observance.

For more information, call 410-436-4810, e-mail elwood.veney@us.army.

Military Order of Foreign Wars holds Biennial Convention

The Military Order of Foreign Wars of the United States will hold its 49th Biennial Convention, May 7 to 9, at the Holiday Inn Express, located on 1305 Walnut Street, Philadelphia.

Spouses and guests of companions are encouraged to attend.

Web site http://www.brookfield-publishing.com/MOFW/page1.htm includes the roster of the MOFW, by commander, so that attendees will have the opportunity to make sure that they are listed as a member.

For more information or to register, visit http://www.brookfieldpublishing.com/MOFW/Convention/Convention4.htm.

Register for NSPS training

Upcoming NSPS writing workshops

• Sept. 9 (B43) and 16 (B44), NB7SUPV – Writing Effective Supervisor Assessments

There is no cost for this training.

For more information or to register, students must submit a training request through CHRTAS https://www.atrrs.army.mil/channels/chrtas/student/ and be approved by their supervisor.

(Editors Note: More Shorts can be seen at www.apgnews.apg.army.mil under Shorts.)

ARMY FAMILY COVENANT SOLDIERS * FAMILIES * ARMY CIVILIANS

CWOC hosts special dinner for Soldiers



Pvts. Dancia Persilver and Hunter Sanford from Company B, 16th Ordnance Battalion, help themselves to a variety of desserts at the third annual "Taste of Home, Down Home USA" for unaccompanied and single Soldiers at the Aberdeen Chapel March 28.

Story and photo by RACHEL PONDER APG News

The Aberdeen Proving Ground Catholic Women of the Chapel, as well as the Catholic community, hosted the third annual "Taste of Home, Down Home USA" for unaccompanied and single Soldiers at the Aberdeen Chapel March 28.

Kathleen Santana, who helped organize the event, along with Wanda Wheeler, said that the purpose of the event was to give the Soldiers a home cooked meal and to show appreciation to military members at home and abroad.

"Many of these Soldiers are facing deployment," Santana said. "We wanted to show them that there is a community that cares about them and is praying for them."

Patricia Jackson, who is the Catholic choir director, opened the program by singing the national anthem.

Mike O'Hern, who served as the master of ceremonies welcomed the audience.

"Thank you for what you have done and the courage to support us," he said.

Capt. Kurt O'Donnell, chaplain of the 16th Ordnance Battalion, gave a short message encouraging the Soldiers to rely on God during difficult times, and to remember the words to the hymn, "My Hope is Built." "On Christ the solid rock I stand, all other ground is sinking sand. As you go through your Army career your relationship with Christ is the most important relationship. God is the same yesterday, today and forever," he said.

After O'Donnell gave the blessing, Soldiers dined on a variety of homecooked entrees, side dishes, salads and desserts, while Deborah O'Donnell sang a few inspirational songs.

Several Soldiers expressed that they appreciated the dinner.

'This program is very thoughtful," said Pvt. Omar Smith from the 16th Ordnance Battalion. "I am grateful for the time they took to plan the program and cook the food."

Pvt. Dacia Persilver from 16th Ordnance Battalion said that she enjoyed the break from the schedule of Advanced Individual Training and the chance to meet new people.

"It is nice to talk to people and see how much we are appreciated," she said.

Persilver also remarked that she enjoyed being able to eat a home cooked meal.

"This is the best food I have had since being in the Army," Persilver remarked.

Pvt. Keaton O'Rourke, from the 16th Ordnance Battalion, added that the life of an AIT Soldier is very structured.

"We eat the same type of food everyday, so this is a break from the routine, and the desserts are much better," he said.

At the end of the program Soldiers won gift baskets in a raffle, with gifts donated from businesses on post and gifts from volunteers.

Santana and Wheeler said that they are grateful for the volunteers who supported the program.

'The whole Catholic community really worked together to put on this pro-

Sesame Workshop reaches out to military Families

SAMANTHA L. QUIGLEY American Forces Press Service

Sesame Workshop continues to find unique and creative ways to reach out to the very youngest in military Families, Deputy Defense Secretary William J. Lynn III said March 18 during a sneak preview of a new primetime Sesame program in Washington, D.C.

"There are few characters more beloved than the Sesame Street friends, and through Elmo and Rosita, military kids can better grasp how to reconnect with their loved ones after redeployment," Lynn said. "They will see that they are not alone in feeling confused or anxious, and that they and their Families can learn new ways of ... supporting one another."

"Coming Home: Military Families Cope with Change," [appeared] April 1 on PBS at 8 p.m., in conjunction with the start of the Month of the Military Child. The show, which featured Queen Latifah, musician John Mayer, and of course, Elmo, allows viewers to step inside a few military Families' lives and learn how they've coped with life-altering changes.

With some help from Elmo's friend Rosita, the trio talks with real military Families who have faced changes because of a loved one's injuries, which can be either external and visible or internal and invisible.

And Rosita can relate to the military children. Her father's legs "don't work any more," and he uses a wheelchair. He finds that just like her father and her, the

military Families are adapting to changes in the same way: together.

The relationship between Sesame Workshop and the military, which produced "Talk, Listen, Connect," an initiative providing support and resources for military Families facing deployments or changes due to combat, began several years ago, Lynn said.

"The program we are celebrating today is a terrific effort to help those Families," he said. "Many of our service members will tell you they fight for our country, but they also fight for our kids and they fight for their kids.

"I know they appreciate groups like Sesame Workshop that are looking out for their interests at home," Lynn added.

The initiative offers some of what Veterans Affairs Secretary Eric K. Shinseki said men and women in uniform deserve for their service.

"Those who serve our country in uniform deserve the very best nurturing we can provide, and that includes helping their precious children learn to live with a mom or dad who may not be quite the same person they watched go off to war," Shinseki said. "We are grateful to Sesame Street for bringing the sensitive subject to the wider American audience through this TV special and its accompanying educational materials."

Since the inception of "Talk, Listen, Connect" two years ago, the initiative has grown and evolved, Sesame Workshop's president and chief executive officer said.

"[It] has struck a chord, we've noticed, with a military community in a way that we never could have expected," Gary Knell said. "Through this project, we're helping kids and Families unite and find reassurance that they are not alone in their journey.

"Who would have thought Elmo and Rosita could help these Families find ways to grasp and to cope with their changing circumstances?" he added.

That's exactly what is happening, however. Sammy Cila, 9, who participated in the new special with his Family,

tary kids to know is there are other kids going through this, too. "There's no need to be worried about

said the one thing he'd like other mili-

it," he said. "It's actually great [to know] that there [are] other Families that are going through the same thing."

Sammy's father, Army Sgt. Sebastian Cila, who was serving in Iraq when his left arm was severely injured, sang the primetime program's praises, too.

"I believe it will help Families tremendously. I was thrilled with the project, [and] I think they did a great job," Cila said. "It just kind of gives some insight and some behind-the-scenes of what Families go through with injuries and disappointments."

Cila's wife, Anna, agreed.

"They did a really nice job portraying the situations that the Families are going through," she said. "It's true to my heart that what we saw today is something good; something really good is going to come out of it.

About 800,000 "Talk, Listen, Connect" kits have been distributed in the two years of the initiative's existence. Each contains DVDs and print materials to help military Families cope with different aspects of deployment, change and even loss.

More than 1.3 million kits have been produced and are being distributed at no cost to Families, schools, Family support programs, hospitals and rehabilitation centers. The kits, produced in both English and Spanish, also are available for download from the Sesame Street Web site.

receives world-class care RICARE

PATRICIA OPONG-BROWN TRICARE Management Activity

On a cold February day in 2004, a TRICARE Family welcomed two beautiful conjoined twin girls into the world. Through a routine prenatal ultrasound at 18 weeks, the Buckles learned their babies were joined at the chest and abdomen. At 34 weeks in her pregnancy, a surgical team at National Naval Medical Center in Bethesda, Md., delivered the twins by Caesarean section – the first delivery of conjoined twins at the medical center.

Since the pregnancy was determined high risk, a case manager was assigned to the Family for the extensive guidance that was necessary due to the complexity of their situation. Marine Master Sgt. Kevin Buckles, assistant drum major of the U.S. Marine Drum & Bugle Corps, and his wife Melissa learned how to obtain the best possible care for their twin girls through TRICARE.

"We've been lucky enough to have

a case manager assigned to us which has helped tremendously," Buckles said. "Her knowledge and perseverance has greatly assisted us."

Nearly four months after their birth, a team of more than 100 medical staff separated the girls at the Children's National Medical Center in Washington, D.C. The operation took more than six hours. The twins survived the separation surgery but doctors later learned that one suffered a stroke that left her paralyzed from the chest down. The baby girls could sleep in separate cribs, sit in separate car seats and look at each other from a distance.

Due to the unique medical situations the girls faced, their primary care manger referred them for services outside of its capability such as diagnostic tests, outpatient surgery, physical therapy and home health care.

TRICARE covers medical care for the girls at civilian network facilities such as the Children's National Medical Center, the Kennedy Krieger Institute's International Center for Spinal Cord Injury in Baltimore, and Fredericksburg Physical Therapy in Fredericksburg, Va., when they cannot get the specialized care they need at military treatment facilities.

Throughout the journey, the Buckles commented how the MTFs and civilian networks developed a seamless partnership for their care.

'We think it's been an invaluable asset and partnership between the two because it enabled us to move freely back and forth to obtain the care our Family needs," Buckles said.

The Buckles are no strangers to the medical system. In addition to one of the four-year-old twins, their seven-yearold daughter also receives physical and occupational therapy at Kennedy Krieger Institute's International Center for Spinal Cord Injury for spinal cord lipoma, a condition she also had from birth. She has lost feeling in her right leg from the knee down. The physical therapy she and her sister receive is tailored specifically to them so that they can gain as much function as possible.

The three girls are part of the Marine Corps Exceptional Family Member Program. It ensures service members that their Family members can get the best care possible at existing and future duty assignment locations. One daughter is also in TRICARE's Extended Care Health Option. ECHO delivers financial help to active duty Family members with a qualifying mental or physical disability as defined by law.

The Buckles have learned a great deal about their TRICARE benefits and would like to tell other beneficiaries to do the same.

"Make sure that you learn about your benefit entitlements and be an advocate for you and your Family," Buckles said.

The Buckles Family is well. The children are active and keeping their parents busy. They are excited to go to school each day and come home with fun stories to share. And thanks to TRICARE, their health care needs continue to be met, allowing them to learn and grow with the best possible medical care.

AICD purchase request cutoff dates for 2009

RDECOM

The Aberdeen Installation Contracting Division-formerly known as the APG DOC under the Army Contracting Agency and is now positioned as a division under the RDECOM Contracting Center-has established the division's fiscal year 2009 cutoff dates for submission of purchase requests.

Early customer support in identifying and submitting PRs by or before the dates shown below greatly enhances the ability of the AICD to meet customer needs. Between Aug. 15 and Sept. 30, the AICD receives more than 2,500 PRs for FY-end award. Early planning and coordination remain the keys to a successful year-end.

The AICD encourages customer activities to coordinate their projected FY-end requirements with the AICD during the third quarter in order to discuss acquisition methods and identify those documents, reviews, and approvals required to accompany the procurement package.

Incomplete procurement packages will not be accepted by the AICD during September and any "SAF" (Subject to Availability of Funds) actions will be accepted only by an AICD branch chief. All PR must be submitted to the AICD electronically.

APG activities should consider maximizing use of their Government Purchase Cards to execute small dollar transactions for authorized items rather than submitting a purchase request to the AICD.

The following schedule has been established for the submission of PRs for FY 09 and maintenance for FY 10. These cutoff dates are not only for the PR, but includes all supporting documentation and approvals.

• Noncommercial Items over \$100,000 – July

- Noncommercial Items between \$2,500 for services; \$3,000 for supplies; \$2,000 for construction and \$100,000 Aug. 1
- Commercial items between \$100,000 and \$5 million July 1
- Commercial Items under \$100,000 Aug. 15
- Services Over \$100,000 July 1
- Delivery Orders and Task Orders Under Existing Contracts Aug. 1
 - GSA Schedule Procurements Aug. 1
 - Short-of-Award over \$2,500 June 15**
 - Maintenance for FY 2010 July 1

(FY 10 Contract Modifications and Options for Existing Maintenance Contracts)

* There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the branch chief prior to this date.

**Customers submitting "short-of-award" PRs, especially for services requirements, must seriously consider whether funding will materialize. A substantial amount of effort is expended to prepare these pending actions and they must be prioritized after PRs that are funded and PRs that are subject to the availability of funds.

The above lead times can be affected by various factors, a few of which include: competition requirements, to include fair opportunity for services task orders over \$100,000 when using Federal Supply Schedules; acquisition plan and/or strategy reviews and approvals; obtaining sole, limited source, brand name or urgency approvals – the Justification and Approval process; the review process accomplished by the Small Business Advisor to ensure all socioeconomic programs will be appropriately addressed; front-end PR entry, and PD2 (PD2 is the DoD contracting automated system used at APG).

Other requirements affecting lead times:

When placing sole source orders over micro-purchase thresholds (FAR 2.101: \$3,000 for supplies; \$2,500 for services subject to Service Contract Act; \$2,000 for construction subject to Davis-Bacon Act) under Federal Supply Schedules, a Justification and Approval must be prepared and approved by a Contracting Officer.

When purchasing supplies or services over the simplified acquisition threshold (currently \$100,000) using non-DoD contract vehicles (which includes placing orders with GSA), proposed actions must be reviewed and approved considering:

If the action is in the Best Interest of the Government – satisfying customer requirements, schedule, cost effectiveness (taking into account, discounts and fees) and contract administration including oversight.

Other factors which must be addressed: determining that tasks or supplies ordered are within the scope of the contract; ensuring funding is used in accordance with appropriation limitations; providing unique terms, conditions and requirements for incorporation into an order or contract to comply with all applicable DoD-unique statutes, regulations, directives and other requirements (e.g., all clothing, shoes and other items specified under the Berry Amendment, procured with DoD funding, is of domestic origin); and collecting data on the use of assisted acquisitions for analysis.

All service requirements must be approved for purchase prior to submittal to the AICD IAW established agency procedures as directed by the Secretary of the Army memo, Army Policy for Civilian Hiring and Initiation/Continuation of Contracts for Service Personnel, Feb. 23, 2006. Go to http://www.asamra.army.mil/insourcing/ to obtain approval forms and view associated regulations.

Information Technology: Desktop and Notebook Computer Purchases. To maximize cost savings, all Army desktops and notebooks 'shall' be ordered through the Consolidated Buy program utilizing the Army Desktop and Mobile Computing Agreements. For policy memo issued by the Army's Chief Information Officer on July 22, 2005, Buying Schedule, Specs and Pricing, Submittal Instructions, Request Preparation, Exceptions, and Frequently Asked Questions, visit the Consolidated Buy page at: https://ascp.monmouth.army.mil/scp/cb/cb_

index.jsp. Requests for these items must be submitted to the Directorate of Information Management. For standard requests, DOIM will approve the request and forward it to the AICD for processing. For non-standard requests, DOIM will review and validate the request and then forward it to AICD.

For more information, contact the Chief, Technology Team, 410-278-0883

The contracting officer is responsible for and this office's policy is to determine the best method of procuring any supply or service based upon regulation, urgency, delivery, socio-economic concern and competition which provides the best value at a reasonable price.

Submission of requests after the scheduled dates will be considered on a case-by-case basis and will require approval by the chiefs of the Branches. The AICD will do as much as possible to assist customers in satisfying their requirements after the cutoff dates. However, the division has a limited capability to process late requirements.

Individual contacts:

- Renee Hodge (Acting), Installation Contracting Branch: jacqueline.renee.hodge@us.army.mil, 410-278-0881
- Facilities Team: For repair, alteration, construction, sale and removal of excess real property, services for base operations functions (including, but not limited to, utilities privatization, custodial, refuse, underground utilities locating, etc.), equipment-in-place and facilities, contact Kandi McDonald, Kandi.mcdonald@us.army.mil, 410-278-2372.
- Technology Team: For information technology equipment and services; word processing equipment; software; general, specialized, and test equipment; instrumentation; supplies; and IT maintenance, contact Scot Plank, Scot.Plank@us.army.mil, 410-278-0886.
- Renee Hodge, Mission Contracting Branch: jacqueline.renee.hodge@us.army.mil, 410-278-0881

For the purchase of base support and services for core customers; equipment-in-place; range testing of vehicles, equipment, ammunition; lease, rental, and maintenance of equipment; full food services; and environmental services.

• AEC Team: For the purchase of all services covering cleanup work in support of the US Army Environmental Command's mission contact Alison Gannon, Alison.gannon@us.army.mil, 410-436-1661.

For assistance, go to https://www.apg.army.mil/apghome/sites/installation/contracting.cfm and click on "Customer Corner." It includes guides, templates, formats and helpful Web sites.

Purchase requests awarded "subject to the availability of funds" must be funded as soon as funds become available. The work must start and the contractors must be paid – this is not accomplished until the funds are certified.

Preparation of PRs

When preparing PRs in PRWEB:

Do not use any dashes or spaces in the PR number.

When preparing attachments for any electronic document to be used by contracting, submitters must use Normal, Times New Roman, 10. The contracting writing system used by Contracting cannot format correctly if a font other than Normal, Times New Roman, 10 is used or if any special characters are used in the document.

Do not use page breaks, section breaks, column brakes or special characters such as trademark signs, tm, ®, <, etc., in any document that will be used in a purchase order or contract.





Children and parents spread out in search of candy-filled eggs during the Army Community Service Egg Hunt Extravaganza at Capa Field April 4.

Story and photos by
YVONNE JOHNSON
APG News

Balloons, games and a frenzied hunt for hundreds of candy-filled plastic eggs highlighted the Egg Hunt Extravaganza held at the Edgewood Area's Capa Field April 4.

Hundreds of youngsters and parents attended the annual festival, which is hosted by Family and Morale, Welfare and Recreations' Army Community Service.

Diana Hayes, ACS Parent and Children Together coordinator, organized the event.

"Anything to do with serving the APG community and bringing Families and neighbors together makes it all worthwhile," Hayes said.

The event featured an interactive session with special guest, Retro Bill, the animated and nationally recognized motivational speaker for the D.A.R.E. program who promotes children's self esteem.

While guests enjoyed complimentary hotdogs and drinks, Retro Bill presented a motivational talk on patriotism, obeying parents and staying away from drugs

He applauded the Soldiers of the Ordnance Mechanical Maintenance School's Basic Noncommissioned Officer Course; about 40 of whom were on hand to aid organizers as part of the school's community service commitment. He then led the Pledge of Allegiance and saluted Soldiers and veterans and encouraged the children to always take time to thank a veteran.

Retro Bill, who also appears on the children's television network show Nick-elodeon, said he flew in from Los Angeles, Calif., just for the event.

"I try to encourage kids to make good choices - stay in school and away from drugs - by putting fun into learning and how to make the right choices," he said. "And anytime I can do something to support our troops, I'm there."

He gave copies of his DVD, "D.A.R.E. Safety Tips starring Retro Bill," to the



Two happy 13-year olds, Avalon Tortora, left, and Ashley Blecke, make off with their egg haul after the hunt.

NCOs who distributed them through the

In addition to the show, Nuthin' Up My Sleeve Entertainment provided face painting, temporary tattoos, balloon art and arts and crafts projects. The Museum of the Really Strange curator Marty Grans displayed dozens of believe-it-ornot type oddities, and DJ Russ provided music.

Parents said they enjoy the festivities as much as their little ones.

"We come every year," said Wanda Brooks, an APG Garrison dispatcher, as she watched her granddaughter Brooke get a face painting. "She likes the tattoos the most."

Thirteen-year-olds Avalon Tortora and Ashley Blecke, 8th graders at North East Middle School, said they've attended the event the last four years and were thrilled to arrive in time for the egg hunt.

"We just came from a soccer game," Tortora said.

"And we won so this is like our reward," Blecke added.

Kenneth Kite, a Vietnam veteran and husband of MWR supply clerk Martha Kite, was saluted for his service during the Retro Bill presentation. Kite said they always bring their grandchildren to FMWR events.

"They always put on a great show for the kids," he said. "And it's nice to see them honoring our young Soldiers. They deserve it."



Laura Teate of 'Nuthin Up My Sleeve' Entertainment gives 4-year-old Brooke Brooks a pretty flower balloon bracelet.



Guests gather in and around the Capa Field pavilion to enjoy the day's activities.



D.A.R.E. motivational speaker Retro Bill makes a point after singling out five Basic Noncommissioned Officer Course Soldiers to thank for their service. Looking on from left are Sgts. Asael Cotto, Robert Hicks, Jeffrey Furnas, Micheal Watts and Scott Johnson.